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THE SHARPER IMAGE®

STAINLESS BLENDER

INSTRUCTION MANUAL AND RECIPE BOOK

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Before using the electrical appliance, the following basic precautions should always be followed including the following:

1. Read all instructions.
2. Before use check that the voltage of wall outlet corresponds to the one shown on the rating plate.
3. Always remember not to operate unit for more than 1 minute (60 sec) at a time as it can cause permanent damage to the motor. If the motor does stop working, unplug the unit. Remove the cup with blade and let the unit cool down for a few hours before trying to use it again. The internal mechanism shuts the unit off when it detects overheating.
4. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair or electrical or mechanical adjustment.
5. If the supply cord is damaged it must be replaced by the manufacturer or a authorized service agent or a qualified technician in order to avoid a hazard.
6. When not in use, turn off and unplug blender from outlet before putting on or taking off parts, and before cleaning
7. Do not let cord hang over edge of table or hot surface.
8. Do not immerse Power Base into water due to the risk of electric shock.
9. Always use your blender on a clean, flat, hard, dry surface.
10. To reduce the risk of injury, blade and cup must be completely assembled before placing on the Power Base.
11. Check gasket to make sure it is completely seated in the blade unit before each use.
12. Do not leave blender unattended during use.
13. Close supervision is necessary when your appliance is being used near children.
14. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.
15. Ensure fingers are kept well away from moving parts.
16. Keep hands and utensils out of container while blender is running to reduce the risk of injury to persons or damage to the blender.
17. The use of accessories/attachments not recommended by the manufacturer may cause fire, electric shock or injuries to persons.
18. Do not operate the appliance for other than its intended use.
19. Do not use outdoors.

SAVE THESE INSTRUCTIONS

FOR HOUSEHOLD USE ONLY.

POLARIZED PLUG

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug will fit in a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.

IMPORTANT MICROWAVE SAFEGUARDS

- When microwaving, never place the cup with the blade or sealable lid still attached. First remove the blade or sealable lid and twist on a top with openings.
- When microwaving, use caution when removing hot cups, use oven mitts.
- Refer to your microwave handbook for the heating recommendations and precautions.
- Do not heat water or liquids in the microwave for extended periods of time.
- When microwaving, do not overcook food. Always pay close attention to items being cooked inside the microwave.
- Liquids, such as water, tea, coffee, are able to be overheated beyond the boiling point without appearing to be boiling. Visible bubbling or boiling when the container is removed from the microwave is not always present. Hot liquids inside the container may suddenly boil over when a spoon or other utensil is inserted into the liquid.

15 Pc. Interchangeable Set Includes:

1 - 300 Watt Power Unit-Base
3- Large Cups (18 oz. / 532 ml)
3- Comfort Rings™
1 - Ice Crushing Blade
6- Assorted Lids:
  2 Sealable Lids
  2 Sport Spout Lids
  1 Herb sliding Lid (with 3 different openings)
  1 Steamer Lid
1 - Instruction Manual/Recipe Book

Unpack all of the pieces. Rinse all cups, lids, comfort rings and blade in warm soapy water. Be careful not to touch the blade with bare hands, blade is very sharp.
Dry thoroughly.
Do not submerge the Power Base in water due to risk of electric shock. Always wipe with moist cloth only. Dry thoroughly.

15 Pc. Interchangeable Set Includes:

Ice Crushing Blade
used for all-purpose blending/mixing.

Sealable Lids (2)
used for storing food and ingredients.

Herb Lid
equipped with sliding cover to chose from large, medium and small openings.

300 Watt Power Unit
contains powerful motor. Place cup with blade for powerful blending.

Sport Lids (2)
fit over the cups when drinking on the go.

Steamer Lid
used for steaming or cooking in microwave.

Instructions/Recipe Book
contains important info as well as a variety of delicious recipes.

3 Large cups with 3 Comfort Rings™
cups used for mixing ingredients and rings provide comfort when drinking right from the cup.

HOW IT WORKS:

CAUTION: Never place your hands near the blade. Never place your hands or utensils into the Power Base (without cup) when the unit is plugged in.

1. Place the desired ingredients into a cup.
2. Place the blade on by twisting it until there is a tight seal.
3. Line up the tabs of the cup with the tabs of the Power Base. Press down on the cup to turn the unit on. The unit will remain on until you let go of the cup.

Twist Cup onto Blade Firmly
Blade Unit with Cup Attached Locks into Base/Power Unit
THE SHARPER IMAGE
Simply Press Down on Cup to Operate

YOU CAN PROCESS FOODS SEVERAL WAYS:

A Just press the top of the cup and immediately release. This way you process food so it's coarsely chopped, perfect for chunky salsa and coarsely chopped onions. Keep pressing and releasing until you achieve the desired consistency. You can support the unit with your other hand to make sure that the unit will not go into "continuous blending" mode (explained in #**4** below).

B If you notice that certain ingredients are not being processed and getting stuck to the sides or bottom of the cup, just remove the cup with blade from the Power Base and shake or tap the cup on the table or counter. Place it back into the Power Base.

4. For continuous blending, turn the cup clockwise until the tabs of the cup fit under the lip of the Power Base. This way the unit will operate without you holding the cup down.

CAUTION: If the blade stops while in continuous blending mode, immediately unplug the blender unit. This could happen if you are chopping/grinding a hard ingredient. It could get stuck between the blade and the side of the cup, preventing the blade from turning. To fix the problem, **ALWAYS UNPLUG THE UNIT FIRST**. Then remove the cup with blade and shake or tap the cup to unblock the blade. If that will not work, twist off the blade from the cup and manually rotate the blade. Once the obstruction is cleared and blade moves freely - assemble the blade and the cup, and place into the Power Base. Try chopping again.

5. To turn the unit off, just twist the cup counter clockwise until the tabs of the cup and the tabs of the power base line up. Lift up the cup.

IMPORTANT: Always remember not to operate unit for more than 1 minute (60 sec) at a time as it can cause permanent damage to the motor. If the motor does stop working and there is no obstruction, unplug the unit. Remove the cup with blade and let the unit cool down for a few hours before trying to use it again. The internal mechanism shuts the unit off when it detects overheating.

CHOPPING ONIONS AND GARLIC

Chop and mince without the cutting board. We suggest using the boiler onions that can be found in your local grocery store, they are small and perfect to use in our blender.

1. Prep the onion or garlic by removing the skin. Make sure that all the pieces will fit into the cup.
2. Place onions, onion pieces or garlic into the cup. Twist on the blade.
3. Press on the top of the cup and immediately release. Keep pressing and releasing until you achieve the desired consistency. If some of the pieces become stuck to the walls or under the blade, shake or tap the cup against the table or countertop. Place on power base and try again.
4. Lift up the cup and remove the blade by untwisting it. Use the chopped onions or garlic right away, or place the sealable lid over the cup and store in the refrigerator for later use.

CHOPPING FRESH HERBS

Perfect for chopping all of your favorite herbs in just seconds. You can add so much more flavor by using the fresh herbs versus the dry kind, and your whole family and friends will notice. Experiment with different herb combinations!

1. Place your favorite herbs into the cup. Twist on the blade.
2. Press on the top of the cup and immediately release. Keep pressing and releasing until you achieve the desired consistency.
3. Lift up the cup and remove the blade by untwisting it. Place the Herb Lid on (with 3 different openings depending on how finely chopped the herbs are). Turn little knob to select the proper opening. Use the freshly chopped herbs right away or store it in the refrigerator for later use.

GRATING CHEESES

No more using the cheese grater, grating cheese in this blender is fast and effortless.

1. Add your favorite cheese or cheeses (if making a blend) to the cup. Make sure that all the pieces can fit into the cup. Twist on the blade.
2. Press on the top of the cup and immediately release. Keep pressing and releasing until you achieve the desired consistency. If some of the pieces become stuck to the walls or under the blade, shake or tap the cup against the table or countertop. Place on Power Base and try again.
3. Lift up the cup and remove the blade by untwisting it. Use the grated cheese right away or place the sealable lid over the cup and store in the refrigerator for later use.

GRINDING MEATS

This blender is perfect for grinding meat for your favorite sauces and patés, as well as fresh meat for burgers.

1. Add the meat to the cup. Make sure that all the pieces can fit into the cup. Twist on the blade.
2. Press on the top of the cup and immediately release. Keep pressing and releasing until you achieve the desired consistency. If some of the pieces become stuck to the walls or under the blade, shake or tap the cup against the table or countertop. Place on Power Base and try again.

IMPORTANT: Always remember not to operate unit for more than 1 minute (60 sec) at a time as it can cause permanent damage to the motor. If the motor does stop working, unplug the unit. Remove the cup with blade and let the unit cool down for a few hours before trying to use it again. The internal mechanism shuts the unit off when it detects overheating.

3. Lift up the cup and remove the blade by untwisting it. You may place the sealable lid over the cup and store in the refrigerator.

MIXING BATTERS

This blender is just perfect for making batters for cakes, muffins, pancakes, crepes, breads and so much more. We recommend using the baking mixes you buy at your grocery store for even quicker results! Just add your own healthy ingredients like nuts, raisins, fresh or dried fruit.

1. Add ingredients including your favorite add-ins for extra flavor into the cup. Check out our simple and delicious recipes in this book. Twist on the blade.
2. Place the cup onto the Power Base and turn the cup clockwise until the tabs of the cup fit under the lip of the Power Base for continuous blending.
3. Keep blending until you reach a smooth consistency.

IMPORTANT: Always remember not to operate unit for more than 1 minute (60 sec) at a time as it can cause permanent damage to the motor. If the motor does stop working, unplug the unit. Remove the cup with blade and let the unit cool down for a few hours before trying to use it again. The internal mechanism shuts the unit off when it detects overheating.

4. To turn the unit off, just twist the cup counter clockwise until the tabs of the cup and the tabs of the power base line up. Lift up the cup.
5. Remove the blade by untwisting it.
6. Once the main batter is blended, you may also add a few extra of your favorite add-ins, but this time do not blend them, just stir it in for great texture.

GRINDING COFFEE

Get your own freshly ground coffee right at home without the mess.

1. Add the beans to the cup. Twist on the blade.
2. Place the cup onto the Power Base.
3. Press on the top of the cup and immediately release. Keep pressing and releasing until you achieve the desired consistency. You may also turn the cup clockwise until the tabs of the cup fit under the lip of the Power Base allowing for continuous blending.

Tip: The finer you grind the coffee, the stronger it will be.

IMPORTANT: Always remember not to operate unit for more than 1 minute (60 sec) at a time as it can cause permanent damage to the motor. If the motor does stop working, unplug the unit. Remove the cup with blade and let the unit cool down for a few hours before trying to use it again. The internal mechanism shuts the unit off when it detects overheating.

4. To turn the unit off, just twist the cup counter clockwise until the tabs of the cup and the tabs of the power base line up. Lift up the cup.
5. Remove the blade by untwisting it. Use the freshly ground coffee right away or place the sealable lid over the cup and store for later use.

SMOOTHIES and FROZEN DRINKS

This blender is just perfect for making delicious healthy smoothies, protein drinks, shakes and a variety of frozen drinks. Blend and drink out of the same cup, just twist on the comfort ring.

1. Add your favorite ingredients and ice into the cup. Check out our simple and delicious recipes in this book. Twist on the blade.
2. Place the cup onto the Power Base and turn the cup clockwise until the tabs of the cup fit under the lip of the Power Base allowing for continuous blending.
3. Keep blending until you reach a smooth consistency. The thickness of your drink depends on the ingredients used. If you feel that the drink is too thick, add more liquid, that should make blending easier.

IMPORTANT: Always remember not to operate unit for more than 1 minute (60 sec) at a time as it can cause permanent damage to the motor. If the motor does stop working, unplug the unit. Remove the cup with blade and let the unit cool down for a few hours before trying to use it again. The internal mechanism shuts the unit off when it detects overheating.

4. When all the ice is crushed (the grinding sound will stop) your drink is ready.
5. To turn the unit off, just twist the cup counter clockwise until the tabs of the cup and the tabs of the power base line up. Lift up the cup.
6. Remove the blade by untwisting it. Twist on the Comfort Ring and enjoy!

GRINDING SPICES

Get your own freshly ground spices right at home.

1. Add your favorite fresh spice (or spices) to the cup. Twist on the blade.
2. Place the cup onto the Power Base.
3. Press on the top of the cup and immediately release. Keep pressing and releasing until you achieve the desired consistency. You may also turn the cup clockwise until the tabs of the cup fit under the lip of the Power Base allowing for continuous blending.

IMPORTANT: Always remember not to operate unit for more than 1 minute (60 sec) at a time as it can cause permanent damage to the motor. If the motor does stop working, unplug the unit. Remove the cup with blade and let the unit cool down for a few hours before trying to use it again. The internal mechanism shuts the unit off when it detects overheating.

4. To turn the unit off, just twist the cup counter clockwise until the tabs of the cup and the tabs of the power base line up. Lift up the cup.
5. Remove the blade by untwisting it. Use the freshly ground spices right away or place the sealable lid over the cup and store for later use.

WHIPPING CREAM

It is so easy to make fresh whipped cream with this blender, no more whisking.

1. Add heavy cream to the cup. Twist on the blade.
2. Place the cup onto the Power Base.
3. Press on the top of the cup and immediately release. Keep pressing and releasing until you achieve the desired consistency. You may also turn the cup clockwise until the tabs of the cup fit under the lip of the Power Base allowing for continuous blending.

IMPORTANT: Always remember not to operate unit for more than 1 minute (60 sec) at a time as it can cause permanent damage to the motor. If the motor does stop working, unplug the unit. Remove the cup with blade and let the unit cool down for a few hours before trying to use it again. The internal mechanism shuts the unit off when it detects overheating.

4. Your whipped cream should be done once you hear a humming sound.
5. To turn the unit off, just twist the cup counter clockwise until the tabs of the cup and the tabs of the power base line up. Lift up the cup.
6. Remove the blade by untwisting it. Use the freshly whipped cream for coffee drinks and desserts.

COOKING AND STORING

COOKING IN CUPS

You can place the cups with ingredients into the microwave to cook. Make soups, pasta sauces, melted cheeses and more. You can chop and then cook all in the same cup, eliminating extra dishes, pots and pans. What could be better!

NOTE: Always remember to remove the blade from the cup before placing into the microwave. Place the steamer lid on the cup and place the cup in the microwave. **Do not use the sealable lid when cooking in the microwave.** Be careful when removing the cup as it might be very hot. Use oven mitts.

STORING IN CUPS

Once you're done blending or chopping, you can store the ingredients in the refrigerator. No need to transfer leftovers into another container, just twist our sealable lids on the cup and your food will stay fresh for days. You can even take the leftovers to work for lunch, just twist off the sealable lid before placing in the microwave.

CLEANING CUPS, LIDS, COMFORT RINGS AND BLADE

IMPORTANT: Always make sure to unplug the blender unit before cleaning.
CAUTION: Never place your hands near the blade. Never place your hands or utensils into the Power Base (without cup) when the unit is plugged in.

All cups, lids, comfort rings and blade (**NOT THE POWER BASE**) are dishwasher safe (top rack only). You may also hand wash all cups, lids, comfort rings and blade (**NOT THE POWER BASE**) in warm soapy water. Be careful not to touch the blade with bare hands, blade is very sharp. Dry thoroughly.

CAUTION: Never submerge the Power Base in water or place in dishwasher due to risk of electric shock. Always wipe with moist cloth only. Dry thoroughly.

CLEANING THE POWER BASE

IMPORTANT: Always make sure to unplug the blender unit before cleaning.
CAUTION: Never submerge the Power Base in water or place in dishwasher due to risk of electric shock.
CAUTION: Never place your hands near the blade. Never place your hands or utensils into the Power Base (without cup) when the unit is plugged in.

Always wipe the base with damp cloth in between uses. For tougher food clean-up, wipe the inside of the power base with damp cloth, make sure to clean activator mechanism tabs that make the blades move.

RECIPE BOOK

BANANA STRAWBERRY SMOOTHIE

½ cup plain yogurt
½ banana
½ cup strawberries
¼ cup orange juice
½ cup crushed ice

1. Place all ingredients in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for approximately 1 minute.
2. Serve in a chilled glass or twist on the comfort ring and enjoy right from the cup. Garnish with fresh strawberries.

TROPICAL SMOOTHIE

¾ cup vanilla yogurt
½ medium size mango, peeled, seeded and chopped
2 scoops mango sorbet
1 tablespoon Pina Colada non alcoholic drink mix
¼ cup pineapple juice

1. Place all ingredients in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for approximately 1 minute.
2. Serve in a chilled glass or twist on the comfort ring and enjoy right from the cup. Garnish with fresh mango and pineapple leaf.

CHOCOLATE BANANA SMOOTHIE

¾ cup milk
½ cup crushed ice
1 banana
1 tablespoon chocolate syrup

1. Place all ingredients in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for approximately 1 minute.
2. Serve in a chilled glass or twist on the comfort ring and enjoy right from the cup.

FRUITY SMOOTHIE

½ cup cranberry juice
½ cup frozen mixed berries
½ cup grapes
2 tablespoons strawberry yogurt

2 teaspoons honey
½ cup crushed ice

1. Place all ingredients in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for approximately 1 minute.
2. Serve in a chilled glass or twist on the comfort ring and enjoy right from the cup.

PINEAPPLE SMOOTHIE

¾ cup plain yogurt
½ cup crushed pineapple
¼ cup orange juice
½ cup crushed ice

1. Place all ingredients in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for approximately 1 minute.
2. Serve in a chilled glass or twist on the comfort ring and enjoy right from the cup. Garnish with fresh pineapple slice.

PAPAYA SMOOTHIE

½ cup pineapple juice
¼ cup milk
½ cup papaya, peeled and seeded
½ banana
1 teaspoon honey
½ cup crushed ice

1. Place all ingredients in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for approximately 1 minute.
2. Serve in a chilled glass or twist on the comfort ring and enjoy right from the cup.

BLUEBERRY LAGOON

¾ cup blueberry yogurt
½ cup frozen blueberries
¼ cup pineapple juice
½ cup crushed ice
whipped cream garnish

1. Place all ingredients in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for approximately 1 minute.
2. Serve in a chilled glass or twist on the comfort ring and enjoy right from the cup. Top with a dollop of whipped cream.

STRAWBERRY BANANA SHAKE

½ cup milk
¾ cup fresh strawberries
1 medium banana
2-3 scoops vanilla ice cream

1. Place all ingredients in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for approximately 1 minute.
2. Serve in a chilled glass or twist on the comfort ring and enjoy right from the cup.

SOY MILK BANANA SHAKE

1 cup soy milk
1 banana
2 scoops vanilla ice cream
1 tablespoon honey
¼ teaspoon nutmeg

1. Place all ingredients in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for approximately 1 minute.
2. Serve in a chilled glass or twist on the comfort ring and enjoy right from the cup.

CHOCOLATE MALTED SHAKE

½ cup milk
¼ cup carbonated water
2 tablespoons malted milk powder
½ teaspoon vanilla
2-3 scoops chocolate ice cream

1. Place all ingredients in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for approximately 1 minute.
2. Serve in a chilled glass or twist on the comfort ring and enjoy right from the cup.

STRAWBERRY SODA

6 ounces milk
½ cup frozen strawberries,sliced
1 scoop strawberry ice cream
6 ounces club soda, chilled

1. In blender add milk and strawberries. Blend 15 seconds.
2. Pour into a chilled glass or twist on the comfort ring. Add scoop of ice cream. Slowly pour in soda. Enjoy drinking right from the cup.

CHOCOLATE SODA

6 ounces milk
1 teaspoon cocoa mix
½ teaspoon sugar
1 scoop chocolate ice cream
6 ounces club soda

1. Place milk, cocoa mix and sugar in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for approximately 15 seconds.
2. Pour into a chilled glass or twist on the comfort ring. Add scoop of ice cream. Slowly pour in soda. Enjoy drinking right from the cup.

BANANA ICE CREAM SHAKE

2-3 scoops banana ice cream
½ cup milk
1 tablespoon honey
dash nutmeg

1. Place nutmeg sticks in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Grind until smooth. Remove cup from base. Untwist the blade and cover cup with lid.
2. Place all ingredients (including freshly ground nutmeg) in another cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for approximately 1 minute.
3. Serve in a chilled glass or twist on the comfort ring and enjoy right from the cup.

MOCHA SHAKE

2-3 scoops chocolate ice cream
½ cup milk
½ cup strong brewed coffee
½ teaspoon vanilla
1 tablespoon sugar
dash nutmeg

1. Place coffee beans in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Grind until desired consistency. Remove cup from base. Untwist the blade and cover cup with sealable lid to retain freshness. Omit this step if using pre-ground coffee. Brew the coffee as desired.
2. Repeat the grinding steps if grinding the nutmeg, otherwise use pre-gound kind.
3. Place all ingredients in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for approximately 1 minute.
4. Serve in a chilled glass or twist on the comfort ring and enjoy right from the cup.

AMARETTO EGGNOG

4 ounces Eggnog, store bought
1 ½ cup vanilla ice cream
1 ounce Amaretto liquor
whipped cream
dash cinnamon

1. Place cinnamon sticks in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Grind until smooth. Remove cup from base. Untwist the blade and cover cup with lid.
2. Place Eggnog, ice cream and Amaretto in another cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend until smooth.
3. Pour into parfait glass. Garnish with dollop whipped cream and sprinkle of freshly ground cinnamon.

NOTE: For best flavor, we suggest grinding your own coffee beans.
Place coffee beans in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Grind until desired consistency. Remove cup from base. Untwist the blade and cover cup with sealable lid to retain freshness. Brew the coffee as needed.

ESPRESSO

¾ cup espresso
1 tablespoon sugar
¼ cup steamed milk
lemon zest (for garnish)

1. Place hot espresso and steamed milk in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for approximately 10 seconds.
2. Pour in cup, garnish with lemon zest. Serves two.

ICED MOCHA

¾ cup brewed coffee
1 tablespoon cocoa powder
1 tablespoon sugar
2 tablespoons milk
1 scoop vanilla ice cream
whipped cream
chocolate shavings

1. Place chocolate chunks in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Grind until coarse. Remove cup from base. Untwist the blade and cover cup with lid.
2. Place all ingredients in another cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for approximately 10 seconds.
3. Pour in a glass or twist on the comfort ring and enjoy right from the cup. Garnish with whipped cream and chocolate shavings.

CREAMY HAZELNUT

2 scoops vanilla ice cream
2 tablespoons milk
1 ½ tablespoons hazelnut coffee granules
1 tablespoon sugar
¼ cup crushed ice
cinnamon (for garnish)

1. Place all ingredients in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for 10 seconds.
2. Pour in glass or twist on the comfort ring and enjoy right from the cup. Garnish with cinnamon if desired.

ICED CAPPUCCINO

¾ cup cold brewed coffee
1 scoop chocolate ice cream
1 tablespoon chocolate syrup
1 tablespoon sugar
¼ cup crushed ice
½ cup whipped cream
cinnamon

1. Place cinnamon sticks in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Grind until smooth. Remove cup from base. Untwist the blade and cover cup with lid.
2. Place coffee, ice cream, chocolate syrup, sugar and crushed ice in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for approximately 10 seconds.
3. Pour over crushed ice. Garnish with whipped cream and cinnamon.

VANILLA COFFEE

2 tablespoons vanilla syrup
1 tablespoon sugar
2/3 cup brewed espresso
1 cup steamed milk
cinnamon (for garnish)

1. Place vanilla syrup, sugar and espresso in cup. Pour in steamed milk. Twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for 10 seconds.
2. Pour in a mug or twist on the comfort ring and enjoy right from the cup. Garnish with cinnamon if desired.

IRISH KISS

1 ounce coffee liqueur
1 ounce Irish Cream liqueur
½ teaspoon orange liqueur
1 cup brewed coffee
2 tablespoons whipping cream
whipped cream
chocolate syrup
candied orange slice

1. Place coffee liqueur, Irish Cream liqueur, orange liqueur, hot coffee and whipping cream in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for 10 seconds.
2. Pour into glass or twist on the comfort ring and enjoy right from the cup. Garnish with whipped cream, drizzled chocolate syrup and candied orange slice.

FUZZY NAVEL

1 ½ ounces peach schnapps
1 ½ ounces vodka
5 ounces orange juice
dash orange bitters
½ cup crushed ice
orange slice (for garnish)
cherry (for garnish)

1. Place all ingredients in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for approximately 30 seconds.
2. Serve in a chilled cocktail glass or twist on the comfort ring and enjoy right from the cup. Garnish with orange slice and cherry.

CREAMY BRANDY ALEXANDRA

1 ounce brandy
1 ounce crème de cacao
1 scoop vanilla ice cream
½ cup crushed ice
dollop whipped cream (for garnish)

1. Place all ingredients in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for approximately 30 seconds.
2. Pour into cocktail glass or twist on the comfort ring and enjoy right from the cup, garnish with dollop whipped cream.

BRANDY PUNCH

½ cup Sangria wine
½ cup ginger ale
½ ounce triple sec
½ ounce brandy
dash Cointreau
¼ cup crushed ice
orange twist (for garnish)

1. Place all ingredients in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for approximately 30 seconds.
2. Pour into cocktail glass or twist on the comfort ring and enjoy right from the cup. Garnish with orange twist.

FROZEN MARGARITA

3 ounces limeade concentrate
1 ½ ounce Tequila
1 tablespoon Cointreau
¾ cup crushed ice
kosher salt
lime

1. Place limeade concentrate, Tequila, Cointreau and crushed ice in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for approximately 30 seconds.
2. Moisten each glass rim with lime; dip each rim in salt. Pour margaritas into glass and garnish with a slice of lime.

CREAMY GARLIC PESTO

¾ cup fresh basil
½ cup fresh parsley
2 cloves garlic
¼ cup olive oil
¾ cup ricotta cheese
1 tablespoon Parmesan cheese

1. Place basil, parsley, garlic and olive oil in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for 10 seconds.
2. Remove cup from base. Untwist the blade and add ricotta and Parmesan cheeses to the cup. Twist on the blade and place back in base.
3. Press down on the cup to turn the unit on and blend for 10 more seconds.
4. Toss with hot pasta.

ALFREDO SAUCE

2 tablespoons butter
¾ cup heavy cream
1 small clove garlic, minced
dash nutmeg
¾ cup Parmesan cheese
2 tablespoons parsley, chopped

1. In a saucepan melt the butter; add the cream and simmer 5 minutes.
2. Remove from heat and pour the mixture into the cup. Add the garlic, nutmeg and Parmesan cheese. Twist on the blade.
3. Place cup in base and press down on the cup to turn the unit on. Blend for 20 seconds.
4. Top with parsley before serving.

QUICK PIZZA SAUCE

3 ounces tomato paste
6 ounces tomato sauce
2 tablespoons olive oil
2 tablespoons onion
1 garlic clove
1 teaspoon oregano
1 teaspoon basil
¼ teaspoon crushed red pepper
pizza dough
1 cup shredded mozzarella cheese
½ cup of your favorite toppings

1. Place all ingredients in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for 10 seconds.
2. Ladle onto a pizza dough (12 inches), top with 1 cup shredded mozzarella cheese and ½ cup of your favorite toppings.
3. Cook at 425˚F for 10 minutes.

CAESAR DRESSING

⅓ cup white vinegar
⅓ cup lemon juice, freshly squeezed
⅓ cup water
¼ cup Parmesan cheese
2 tablespoons anchovy paste
1 clove garlic
2 tablespoons Dijon mustard
1 teaspoon garlic powder

1. Place all ingredients in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for 10 seconds.
2. Twist on the sealable lid and refrigerate until ready to use.

RASPBERRY BALSAMIC DRESSING

¼ cup balsamic vinegar
½ cup olive oil
1 teaspoon Dijon mustard
1 ½ tablespoon raspberry preserves
½ teaspoon onion powder
salt and pepper to taste

1. Place all ingredients in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for 10 seconds.
2. Twist on the sealable lid and refrigerate until ready to use.

ROQUEFORT DRESSING

⅓ cup Roquefort cheese
⅔ cup mayonnaise
⅓ cup sour cream
2 teaspoons vegetable oil
1 teaspoon lemon juice
¼ teaspoon garlic salt
¼ teaspoon onion salt
⅛ teaspoon black pepper

1. Place all ingredients in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for 10 seconds.
2. Twist on the sealable lid and refrigerate until ready to use.

ARTICHOKE DIP

14 ounces artichoke hearts, drained, cut in half
1 cup mayonnaise
1 clove garlic
dash Worcestershire sauce
¾ cup Parmesan cheese
1 green onion, sliced
2 ounces pimentos

1. Place all ingredients in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for 10 seconds.
2. Pour into a pie plate and bake at 350˚F for 20 minutes.
3. Serve warm with crackers.

SUN-DRIED PESTO

8 ounces tomato paste
2 tablespoons fresh basil
2 tablespoons fresh parsley
1 clove garlic
3 tablespoons olive oil
½ cup sun-dried tomatoes
2 tablespoons pine nuts
salt and pepper to taste

1. Place all ingredients in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for 10 seconds.
2. Serve chilled with sliced Italian bread.

BLACK BEAN DIP

15 ounce can black beans, drained
¼ cup onion, diced
1 clove garlic
1 tablespoon cilantro
¼ teaspoon cumin
¼ cup roasted red peppers
¼ cup chicken broth
2 tablespoons balsamic vinegar
dash cayenne pepper

1. Place all ingredients in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for 10 seconds.
2. Serve with tortilla chips.

3 BEAN DIP

1 can cannellini beans, drained
½ can garbanzo beans, drained
½ can navy beans, drained
1 clove garlic
2 tablespoons cilantro
3 tablespoons olive oil
3 tablespoons fresh lemon juice

1. Place all ingredients in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for 20 seconds.
2. Serve with crackers.

GUACAMOLE

1 medium avocado, cut in half, remove seed, peel
1 small tomato, diced
1 tablespoon lime juice
1 tablespoon red onion, diced
1 tablespoon garlic, minced
2 ounces mild green chilies
1 tablespoon cilantro

1. Place all ingredients in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for 15 seconds.
2. Serve with tortilla chips.

ROASTED CORN SALSA

5 ears corn, brushed with olive oil and grilled
2 tablespoons olive oil
3 tomatoes, diced
½ cup red onions, diced
1 jalapeno pepper, sliced
2 tablespoons lime juice
¼ cup cilantro
1 tablespoon mint

1. Remove kernels and discard cobs. Place all ingredients in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for 15 seconds.
2. Serve with chips or as a topping.

CHUNKY GARDEN SALSA

5 plum tomatoes, diced
½ green pepper, diced
½ carrot, diced
¼ red onion, diced
¼ cup cilantro
1 tablespoon jalapeno peppers, sliced
2 teaspoons olive oil
2 teaspoons red wine vinegar
2 teaspoons lime juice

1. Place all ingredients in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for 15 seconds.
2. Serve with chips.

PINEAPPLE SALSA

1 cup diced pineapple
¼ cup tomato, diced
½ teaspoon chili paste
2 teaspoons lime juice
1 tablespoon cilantro
1 tablespoon mint
1 teaspoon olive oil

1. Place all ingredients in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for 15 seconds.
2. Serve as a topping for chicken or fish.

SOUTHWESTERN CHUTNEY

1 avocado, peeled, diced
1 tomato, seeded, diced
1 ear corn, kernels removed
1 green onion, diced
2 tablespoons roasted red peppers, diced
1 jalapeno pepper, seeded, minced
dash hot sauce
¼ cup cilantro
2 tablespoons lime juice

1. Place all ingredients in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for 15 seconds.
2. Serve as a topping with meat or fish.

MANGO CHUTNEY

1 ¼ cup mango, diced
½ red pepper, diced
1 garlic clove
1 teaspoon fresh ginger
1 teaspoon chili flakes
½ cup cider vinegar
½ cup brown sugar
⅓ cup raisins
salt and pepper to taste

1. Place mango, red pepper, garlic, ginger, chili flakes, vinegar and brown sugar in saucepan, bring to boil. Simmer 20 minutes.
2. Cool slightly.
3. Place all ingredients in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for 15 seconds.
4. Pour into a bowl, stir in raisins.

CRANBERRY CHUTNEY

6 ounces frozen cranberries
½ cup brown sugar
⅓ cup water
1 apple, peeled, cored, chopped
1 teaspoon cinnamon
½ teaspoon ginger

1. In a saucepan combine cranberries, sugar, water, apple, cinnamon and ginger. Bring to boil, stirring constantly.
2. Simmer 15 minutes. Cool slightly.
3. Place all ingredients in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for 15 seconds.
4. Serve chilled.

TUNA SALAD

1 can tuna, drained
½ cup mayonnaise
1 teaspoon onion powder
1 tablespoon sweet relish
¼ cup shredded carrots

Place all ingredients in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for 15 seconds.

EGG SALAD

3 hard boiled cooked eggs
¼ cup mayonnaise
1 teaspoon dry mustard
1 teaspoon salt
1 teaspoon onion powder

Place all ingredients in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for 15 seconds.

CREAM OF BROCCOLI SOUP

½ cup milk
¼ cup cream
½ cup chicken broth
½ teaspoon Worcestershire sauce
¼ teaspoon garlic powder
¼ teaspoon onion powder
¾ cup cooked chopped broccoli
2 tablespoons butter
2 tablespoons flour

1. In a sauce pot, heat milk, cream, broth, Worcestershire sauce, garlic powder, onion powder and broccoli. Bring to near boil.
2. Place the above ingredients in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for 30 seconds.
3. In a small microwave glass bowl melt butter. Add flour and mix well with a spoon.
4. Remove cup from base. Untwist the blade and add the flour/butter mixture to the cup. Twist on the blade and place back in base.
5. Press down on the cup to turn the unit on until the mixture is just blended.
6. Serve while hot.

GOLDEN BUTTERNUT SQUASH SOUP

1 tablespoon butter
¾ cup roasted butternut squash
¼ cup cooked carrots, sliced
1 clove garlic, minced
¼ teaspoon onion powder
¼ teaspoon cinnamon
¼ teaspoon ground ginger
pinch cayenne pepper
½ cup chicken broth
½ cup light cream
salt and pepper to taste

1. In a medium sauce pan, melt butter. Add butternut squash, carrots and garlic. Saute on medium heat 3 minutes.
2. Add onion powder, cinnamon, ground ginger, cayenne pepper. Stir in broth and light cream. Continue to cook 3 minutes.
3. Place the above ingredients in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for 30 seconds.
4. Serve hot.

TOMATO HERB SOUP

1 tablespoon butter
1 clove garlic, minced
1 tablespoons shallots, minced
1 cup can peeled diced tomatoes
½ teaspoon basil
salt and pepper to taste
½ cup chicken broth
fresh basil leaf (for garnish)

1. Melt butter in a saucepan over medium heat. Add garlic and shallots. Cook until tender for 2-3 minutes.
2. Stir in tomatoes, basil, salt and pepper, and broth. Bring to boil, reduce heat and simmer 15 minutes.
3. Remove from heat, place the above ingredients in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for 30 seconds until pureed.
4. Serve hot with fresh basil leaf as garnish.

CHICKEN AND RICE

½ cup cooked chicken, cubed
½ cup cooked rice
¼ cup carrots, cooked
2-3 tablespoons chicken stock

1. Place all ingredients in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for 20 seconds.
2. Heat slightly before serving.

CHICKEN AND SQUASH

½ medium acorn squash, cut in half, seeds and strings removed
½ cup cooked chicken, cubed
3 tablespoons chicken stock

1. Heat oven to 400˚F. Place squash cut side down in a shallow baking dish with 1 cup water. Cook 40 minutes or until tender. Cool on a rack. Reserve liquid.
2. Scrape pulp from skin. Place pulp, chicken and ½ cup reserved liquid in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for 20 seconds.
3. Heat slightly before serving.

CREPES

1 cup milk
2 eggs
3 tablespoons butter, melted
1 teaspoon vanilla
1 cup flour
¼ cup sugar
¼ teaspoon salt

1. Place all ingredients in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for 10 seconds.
2. To make crepe pour batter into a hot greased skillet. Cook until lightly browned; turn and brown the other side.
3. Fill crepes with favorite filling.

BLINTZES

1 cup flour
¾ cup milk
½ cup water
3 eggs
3 tablespoons butter
½ teaspoon salt

1. Place all ingredients in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend until smooth.
2. Lightly coat 6 inch fry pan with butter. Pour small amount of batter in pan and swirl to coat evenly. Cook blintze and turn to cook other side few seconds.
3. Fill with 2 teaspoons cheese or fruit filling. Dust with powdered sugar.

FLUFFY OMELET

2 eggs
2 tablespoons milk
1 ounce ham, small diced
1 ounce cheese, shredded
dash cayenne pepper
dash salt

1. Place all ingredients in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for 10 seconds.
2. Pour into a greased skillet pan to cook.

PESTO SCRAMBLED EGGS

1 tablespoon oil
2 eggs
2 tablespoons white cheddar cheese
salt and pepper to taste
1 teaspoon pesto

1. Heat oil in a skillet over medium heat.
2. Place eggs, cheddar cheese, salt and pepper in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for 10 seconds.
3. Pour into pan, and cook stirring for 3 to 5 minutes. Remove from heat, and stir in pesto.

GREEK SCRAMBLED EGGS

3 eggs
1 tablespoon butter
1 teaspoon water
½ cup feta cheese, crumbled
¼ cup tomatoes, chopped
salt and pepper to taste

1. Place eggs and water in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for 10 seconds.
2. Heat butter in a skillet over medium heat. Pour eggs into pan. Top with feta cheese and cook, stirring occasionally for 2 minutes. Stir in chopped tomatoes and finish cooking. Season with salt and pepper.

VEGETABLE OMELET

½ onion, diced
¼ cup sliced mushrooms
2 tablespoons green pepper, diced
2 eggs
2 tablespoons milk
½ teaspoon garlic powder
½ teaspoon thyme
2 ounces Swiss cheese, shredded
1 teaspoon olive oil
½ tomato, diced

1. In a medium skillet sauté onion, mushrooms and green peppers for 3 minutes.
2. Place eggs, milk, garlic powder, thyme, and Swiss cheese in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for 15 seconds.
3. Heat the olive oil in skillet over medium heat. Pour in egg mixture, and cook 5 minutes, or until firm. Top with tomato and the vegetable mixture. Fold eggs over filling, and serve warm.

CHOCOLATE MOUSSE

2 cups semi sweet chocolate chips
½ cup sugar
3 eggs
1 cup hot milk
1 teaspoon vanilla
2 tablespoons orange liqueur
1 cup whipped cream
chopped walnuts or any other nuts (optional)
dollop of whipped cream (for garnish)
orange peel (for garnish)

1. Place chocolate, sugar, eggs in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend to mix.
2. Remove cup from base. Untwist the blade and add hot milk, vanilla and orange liqueur to the cup. Twist on the blade and place back in base.
3. Press down on the cup to turn the unit on and blend for additional 15 seconds.
4. Fold whipped cream into chocolate mix.
5. Pour into dessert glasses, chill 1 hour. Garnish with whipped cream dollop and orange peel.
6. Add chopped walnuts or any other nuts if desired.

RASPBERRY PARFAIT

1 cup fresh raspberries
½ cup cottage cheese
1 tablespoon sugar
½ teaspoon vanilla
1 tablespoon cream
granola
mint
chopped walnuts or any other nuts (optional)

1. Place cottage cheese, sugar, vanilla and cream in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend until creamy.
2. In parfait glasses assemble parfait by layering fresh raspberries and cheese mixture, raspberries, cheese mixture and sprinkle top with granola and mint leaf.
3. Add chopped walnuts or any other nuts if desired.

PEACH PARFAIT

12 ounces evaporated milk
4 ounce package instant vanilla pudding mix
½ cup peaches, sliced
1 cup whipped topping
⅛ teaspoon cinnamon
chopped walnuts or any other nuts (optional)

1. Pour milk and pudding mix in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for 30 seconds. Let stand 5 minutes.
2. In two parfait glasses alternate pudding and peaches. Top with whipped topping and cinnamon. Chill before serving.
3. Add chopped walnuts or any other nuts if desired.

KIWI PARFAIT

1½ cup milk
4 ounce package instant French vanilla pudding
1 teaspoon lemon peel
1 cup whip cream, whipped
1 cup ginger snap cookies, crushed
½ cup peeled sliced kiwi
fresh mint
chopped walnuts or any other nuts (optional)

1. Pour milk, pudding mix and lemon peel in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for 30 seconds. Let stand 5 minutes.
2. Fold whipped cream into pudding mix.
3. In two parfait glasses alternate pudding, cookies and kiwi slices. Chill 30 minutes.
4. Serve with mint and kiwi garnish.
5. Add chopped walnuts or any other nuts if desired.

MOCHA PUDDING

1½ cups milk
4 ounce package instant chocolate pudding mix
1 tablespoon espresso coffee
whipped cream
orange peel
chopped walnuts or any other nuts (optional)

1. Pour milk, pudding mix and espresso coffee in cup, twist on the blade. Place cup in base and press down on the cup to turn the unit on. Blend for 30 seconds.
2. Pour into dessert dishes and chill for 30 minutes.
3. Serve chilled with whipped cream dollop and orange peel as garnish.
4. Add chopped walnuts or any other nuts if desired.